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Bangalore Mirror ON SUNDAY

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LET'S FACE IT: **As kids aged 5 and under go mask free, docs stress why seeing each others' faces is key**

A FACELIFT FOR KIDDOS

'Masks safe for children above 2 years'

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Covid-19 cases are waning and in-person lessons are commencing in most schools — the question now is whether face masks are necessary for kids in kindergartens.

Parents and teachers agree that it is not quite easy to make the kiddos wear face masks. In fact, doctors are seeing cases of rashes on the faces of children who were made to wear masks at a stretch.

Covid Task Force chairman Dr MK Sudarshan has clarified there is no need of face masks for kids below five years of age.

"The World Health Organisation (WHO) guidelines clearly state there is no need for masks for kids below five years of age. The Technical Advisory Committee had earlier issued guidelines for Child Care centres and Anganwadis clarifying that masks are not required. The rule holds for the kindergartens too. This would mean there is no requirement for face masks for kids below the age of five," he said.

Whether young children should wear face masks or not is a dilemma for parents and regulators around the world as we try to create a safe environment in schools post pandemic and allow children to socialise and thrive emotionally.

"We often find young children with loose masks, fidgeting with them, and not wearing them appropriately. Very young children largely learn by observation. Being able to see a face in its entirety is a key part in their learning. Observing the movements of mouth, tongue and lips for pronunciation of words is key for comprehending and language development. They need to visualise a complete face to understand and recognise emotions — happiness, sadness, fear, anger and so on. With half the face covered, it can hinder the process of

"Kids need to visualise an entire face to understand and recognise emotions — happiness, sadness, fear, anger...
— Dr Sreevidya S, paediatrician

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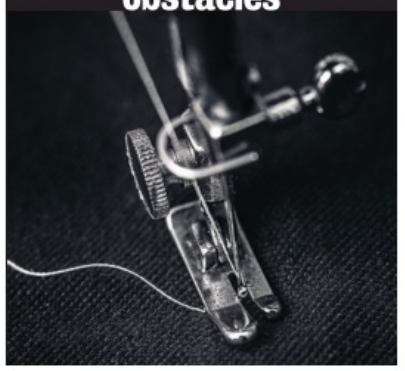
STITCH IN TIME
Of women braving obstacles



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Youth line up for Smart City gig

9th, 10th, 11th & 12th Students
Graduating Students (B.E. - B.Arch. - B.Tech. - BFA - B.Com. - B.A. - etc.)
Career in Design & Architecture
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GLS ID | IIAD | TDV
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3 THINGS TO DO

01 Just 'cause

Manipal Hospitals is organizing a kidney-shaped cyclothon to highlight the prevention of kidney diseases and enhanced accessibility for kidney care. The event will also have kidney transplant recipients as participants. Tune in on their Facebook page to watch it live and support the initiative.
Where: Online
When: March 6, 6.30 am

02 Kabuliwala calling

Remember Rabindranath Tagore's endeering tale of the sweet friendship between a street vendor from Kabul and a tiny, toddler? Bangalore Little Theatre is producing a play based on this story. Book your tickets then; Kabuliwala is calling.
Where: Ranga Shankara
When: March 13
Tickets: bookmyshow.com

Deadlines, deadlines... and more deadlines

... a little over half a century and counting; Construction of Bangalore Football Stadium seems to never end, never really continue

Bangalore Football Stadium is still unfinished

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In Bengaluru, football tournaments have been treated like balls and kicked around, from venue to venue, for over 50 years. The reason is simple; more than half a century since its construction began, Bangalore Football Stadium is still unfinished.

Its foundation stone was laid sometime around 1967. The Western wing was completed first. Later the Pavilion or the eastern stands came up, followed by the northern stands. The southern portion was occupied by hundreds of slums. They were cleared in 1996 before the National Games took off. But instead of galleries for the public, an academy building came up. It was given away for private use until recently. The new dispensation got them evicted and the land remains abandoned, without use.

In the past 55 years, more than 11 Olympic games have been organised in various nations. In India, various stadiums have been constructed in the same period. Mumbai, Pune, Hyderabad, Delhi, Odisha, North East states, Goa... have all readied stadiums for various sports disciplines. Yet, this football stadium is rotting away in a dilapidated state.

State government must look for ways and means to ensure its completion. Its structure is completely weak, poses danger to moving traffic around the stadium

This delay in its completion has been caused by various reasons - rising costs, allegations of corruption, misuse of materials, legal disputes, politics over slum clearance, etc. It has resulted in major football being organised at other venues. The Santosh Trophy, Stafford Cup, Federation Cup, World Cup qualifiers, Asian Youth Championship, National Football League, International Friendly have been held at the Sree Kanteerava Stadium from time to time.

Chinnaswamy Stadium hosted the Federation Cup in 1985 as well as the Super Soccer matches involving an Indian team and FC Bochum and PSV Eindhoven between 1989 and 1991-92. The Puttaiah Memorial Trophy, Prasanna Kumar Memorial Tournament and the senior division league were held at the RSI Stadium, with the football stadium not being available or sanctioned by the national and international federations as it remained incomplete.

Not being put to use regularly, the galleries are facing erosion of cement and steel at various places. The third tier of the eastern stands was demolished as it was unsafe. Spectators are not permitted to even occupy the second tier as galleries are not safe. The entire western stands are in a similar state and the public is not allowed to use it. Only the northern stands and the first floor of the main stands have been used with spectators being allowed to occupy the seats to watch local football matches in the main.

This extremely frustrating delay has resulted in football matches being organised at Sree Kanteerava Stadium and the consequent tussle between athletics and football.

The football stadium is situated in the centre of the city where commercial property is most sought after. Some private entities have floated football teams solely with the intention of securing the right to take charge and complete the stadium and derive financial benefits. The process of floating tenders has also run into legal trouble with flaws being detected.

The state government must look for ways and means to ensure the completion of the stadium. The structure being completely weak, poses danger to the moving traffic all around the stadium. It is high time the government takes over the construction under the supervision of the Public Works Department and completes it within a reasonable deadline.

03 Catch a play and a slice of life in lockdown

Shobha De and Lillete Dubey's 'Lockdown Liaisons' captures our varying moods – frustration, loneliness, reminiscing the 'normal', wanting to escape – of 2020

Dear Bengaluru, how often do you watch a movie or read a book that presents a genuine taste of the human condition? FLO Bangalore and Lillete Dubey's The Primetime Theatre Company will be staging 'Lockdown Liaisons', an english play written by novelist and columnist Shobha De and produced and directed by Dubey, a renowed actor of Hindi and English cinema and theatre. The play explores the fragility of human relationships as they are redefined within the four walls of home during a lockdown. Sounds familiar?

People across the globe were forced into unfamiliar, uncomfortable situations and emotions during 2020 when the pandemic first broke out, locking folks at home, often not alone. When covid shut people's individual worlds in the confines of their homes, many were trapped in isolation and looking for relief, wanting to escape. De's play is based on this very relatable condition that most had to go through for months.

Lockdown Liaisons, featuring renowned actors Ira Dubey and Joy Sengupta will showcase a collection of five short stories which explores a world of emotions through varying perspectives of men and women. Each story is a unique telling of how relationships can break, suffer and change during trying circumstances.

Here's a taste of what one can expect from

the play: the stories explore issues like class, sexuality, domestic violence among others, portraying very real frustrations and loneliness people went through during the lockdowns.

For example, 'Vodka and No Tonic' explores a woman who takes revenge from her lazy, estranged husband. 'Leaving' discovers the woes of a migrant worker. Marriage, troubled relationships and love are frequently explored in the play. 'A Quest Ends' potrays an unravelling marriage of a young couple. Then there's 'A Whiff of Eternity' and 'The Lockdown Funeral'. The former is the story of a woman suffering several whammies while the latter is of a divorced woman recalling her life with her ex husband.

The play has been screened in Mumbai, Baroda and other cities to full houses. Perhaps, it's popularity has something to do with how closely it ressonates with the crowds. If you're available on Wednesday, we recommend you watch this play.

Where: Chowdiah Memorial Hall
When: March 9, 7 pm

A stitch in time, saves...

Many women in need. Parihar along with city police start a skill development centre at CAR headquarters to help upskill the ladies

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Jyothi Manjunath, 26, a resident of Dhobi Ghat in Srinagar, works two jobs in the morning as a house-help. Married about six years ago, she has two children aged five and three. For years, Jyothi was continuously harassed by her husband who used to abuse her and beat her up. Last year, she approached the Parihar helpline. Jyothi says at the time she had no extra skills to take up work and support her children. But today, she takes two buses after finishing her work and visits the skill development training centre along with her three-year-old daughter to pick up the skill of stitching.

In a first-of-its-kind initiative, the Parihar helpline along with the Bangalore city police opened the Skill Development Centre at CAR headquarters to empower women and help them become self-sufficient. The helpline has brought in all the domestic violence survivors together to teach them different skills to become financially independent.

Jyothi is among the first to join this centre. "My husband works at the Dhobi Ghat. We live in a shed provided by the government. Since the time we got married, he had been abusing me and would also hit me inside the house for petty issues," she said. Since Jyothi approached Parihar in the Basavanagudi centre seeking help last here, here husband and she are being counselled regularly. "I have studied only till 1st PU and had no other skills to take up work. My husband has refused to take care of my children's education and I don't want them to miss school at the right age. With great difficulty, I was able to get domestic work in two houses and I decided to join the tailoring classes as well so that I could start becoming financially independent," she said.

Another domestic violence survivor, Rekha, a resident of Madiwala, who always wanted to learn tailoring to start stitching blouses and other outfits for women couldn't afford to pay for the course. When she heard about the training programme, it was like a godsend to her. She immediately signed up for it. "My husband was an alcoholic and would often drink and beat me for no reason. I have two children studying in class nine and 2nd PU and I have been

The Skill Development Centre is located inside the CAR headquarters on Mysore Road. The centre will be officially thrown open on International Women's Day

> **Our tailoring master has volunteered to teach the women tailoring in batches from morning 11 am to 4 pm** –Rani Shetty, Vanitha Sahayavani

struggling to take care of their school and college fees. Three years ago, my husband fell severely ill and his kidneys were affected. He has been undergoing dialysis since then and most of his earning is going to his treatment and we are not able to continue our children's education," she said. After the training programme, she hopes to start stitching small bags, blouses and other garmets which will fetch her some money.

The centre is located inside the CAR headquarters on Mysore Road. As of now sewing machines have been set up here for women to practise stiching. Rani Shetty, in charge of Parihar/Vanitha Sahayavani, said that the skill development training is not only for the domestic violence survivors, it is free for all the women who are in need and wish to learn to become independent. "The centre will be officially opened on Tuesday on the occasion of International Women's Day. We have printed a few pamphlets which we will be distributing in the nearby slums to encourage women to come forward and join the programme. Our tailor master, Sridevi who has over 20 years of experience has volunteered to teach the women tailoring in batches from morning 11 am to 4 pm. We plan to teach about 50 women every month in different batches," she said.

City police commissioner Kamal Pant told Bangalore Mirror that it is a hybrid centre as it is not only for domestic violence survivors, it is also for the women from the police department as well as women from outside who wish to learn different skills are welcome. "The centre is an initiative by Parihar, an NGO chaired by the police department who will be reaching out to the women in need and help them become independent. Currently, we are starting tailoring but we plan on expanding the skills and start bag making, candle making, handicrafts and others which are more need based skills so that they can make a living out of it. If companies come forward to work with us as part of CSR, we can have more such programmes for women and support them in all ways possible," he said.

Fashion choreographer's son held for sending lewd messages to actor

Adam Bidappa, son of celebrity fashion choreographer Prasad Biddappa, was arrested on charges of sending lewd and vulgar messages to a Kannada actor and harassing her in Bengaluru, police said on Saturday.

According to Indiranagar police, they received a complaint from the actor against Adam Bidappa for sending indecent messages to her.

However, police said, Adam Bidappa has denied all allegations.

The incident has shocked everyone as the actor is pregnant and is seen celebrating motherhood on social media.

Police stated that the complaint says that Adam Bidappa had sent indecent messages to the actor on the night of February 25 between 10 p.m and 12 midnight. The actor has submitted a whatsApp chat proof to the police and sought legal action against the accused.

> **Pregnant actor has submitted a WhatsApp chat as proof of the harassment**

The accused, in his mid 30's, allegedly sent vulgar messages and threatened to kill her in the chat. A case has been booked under IPC Sections 354A (sexual harassment), 506 (criminal intimidation) and 509 (word, gesture or act intended to insult the modesty of a woman) besides the IT Act.

The police secured Adam Biddappa from Pollibetta in Kodagu and brought him to the city. He was sent to judicial custody on Friday evening. Indiranagar police have registered a case and are investigating the matter. **IANS**

FAKE NEWS BUSTER MIRROR

YOUNG ARE ALSO BETTER OFF VACCINATED AGAINST COVID

THE CLAIM

Other than many social media forwards on covid vaccinations for young people, controversial podcaster Joe Rogan also makes a point that for youngsters there are more health risks from the covid vaccine are than even the infection.

SO, WHAT'S THE TRUTH?

This claim is mostly pertaining to myocarditis, an inflammation of the heart muscle. This has been said to be a rare side effect of vaccination.

BBC busts this myth saying research shows that this condition that causes shortness of breath, chest pain and in very rare cases to heart failure, is more common after a covid infection than after vaccination. They said cases of myocarditis post-vaccination are generally milder and shorter-lasting.

BUST FAKE NEWS WITH MIRROR

9591233247

Let's separate the news from the noise, Bengaluru. Tell us about that incredible-sounding story/news/alert that you've received on WhatsApp or social media and Bangalore Mirror researchers and editors will see if it checks out. If it doesn't, we'll call it out

TOPCOMMENTS

Has Bengaluru got enough and what about others?

Bangalore Mirror's story 'Rs 8,409 crore for Bengaluru' has elicited a couple of responses. @DrBahuddeen says on Twitter, why is it so that constantly North of Karnataka is neglected. Where is the money to improve north Karnataka? Just look at Tamil Nadu, every city is improved. But in Karnataka only Bengaluru gets it. A reader Ganapathy K writes on the BM website, All the very best if it doesn't remain only on papers and as Indian people, we will always keep on reminding what is forgotten. A reader Sreenath S writes, it seems like with every year we are moving one step backwards. As the city develops, isn't there supposed to be more allocation for its infrastructural projects? As far as I can see, this allocation is not enough and in keeping with the needs of the ever-expanding city.

WEBHITS

3 most-read articles on the Mirror site

1. Everyone's favourite Kanakapura Rd
2. 7 Karnataka Institutes of Technology
3. Budget has Rs 8,409 cr for Bengaluru

HC rap to BBMP engineers

The Karnataka High Court has warned that it will direct the State Government to replace BBMP engineers if the civic body fails to fix potholes. The Division bench, which is hearing a petition related to potholes, expressed displeasure over tardy work by BBMP. The Judges wondered as to why BBMP engineers were failing to act despite people losing lives to potholes. It looks as if the engineers are purposefully not working and if this continues, then the Court will direct the government to replace the engineers. Meanwhile, in another case pertaining to the Mitaganahalli quarry, the court took the BBMP Chief engineer to task. The court observed that the BBMP was violating the court's order. If this continues, then the officials may have to be sent to jail for contempt. This case was pertaining to the dumping of solid waste in the Mitaganahalli quarry. **—BMB**

FORM-IV

(See Rule-8)

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I, R. J. PRAKASHAN hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-
R. J. PRAKASHAN
Publisher

Date : 06.03.2022

Lining up for Smart gig

BSCL gets most internship applications from civil, computer engg students

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The Bengaluru Smart City Limited (BSCL) has received applications from nearly 1,000 graduates for 62 intern posts so far under the Urban Learning Internship Programme of the Union government.

The maximum response has been received from civil engineers and computer science graduates who will get first-hand experience working with Smart city teams on various public infrastructure development projects.

Bengaluru Smart City Managing Director P Rajendra Cholan said that the initiative began two years ago and so far, 54 graduates have completed internships with the Smart City team. "Students joining the Smart City work are mostly deployed in urban infrastructure and mobility projects," said Cholan.

According to BSCL, the graduates are invited to share their ideas and witness them getting implemented on ground. So far, interns have worked on traffic junction improvement projects, slum development plans, anganwadi proposals, parking spaces revival strategies and schemes to give a facelift to the city markets. Officials say that the internship programme has benefitted Smart City tremendously.

"We put the interns at the city's busiest traffic junctions and ask them to come up with ideas to beautify the area. Many structures and designs that you see at KR Market were proposed by the interns. The subway design and plaza developed at the market stemmed from their pitches. We also got feedback and design inputs from the interns for Russell Market revamp. They have contributed to the planning of digital classes for the BBMP's schools and colleges. This programme has benefited us immensely. It's a win-win situation," said Cholan.

Engineering students are invited to share ideas for upcoming Smart City works

> **"Many structures and designs that you see at KR Market were proposed by the interns**
> –P Rajendra Cholan, BSCL MD

The BSCL is currently concentrating on recruiting young minds for projects under civil engineering, IT and urban planning departments. "These are the three departments with the majority of the requirements. The interns we hire are students in the final years of their colleges. It is good to see fresh minds willing to join us," informed Cholan.

This year, however, the BSCL has decided to reduce the monthly stipend. Earlier, the monthly remuneration was Rs 25,000, which has been brought down to Rs 20,000 along with a certificate and citation.

"Internship remuneration was Rs 25,000 but we have reduced it to Rs 20,000 now. This is due to the increase in requirements for interns under various departments. We have reduced compensation to accommodate a bigger batch," added Cholan.

The Smart City internship is turning out to be a good opportunity for those seeking on-field experience. BSCL says that while most of the internship programmes in MNCs and other companies are theoretical, it is different at BSCL.

The students get a chance to be on the field with Smart City engineers, learning tricks of the trade. "They get exposure with civil work, urban planning projects and IT-related assignments. The kids get hands-on experience in handling various tasks in the urban infrastructure space," said a BSCL official.

Cycle lane? No. De facto parking

Food delivery agents make full use of ORR's cycle track adding to clutter

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Despite citizens raising a hue and cry about Outer Ring Road's cycle lane being encroached upon, authorities seem to not care. First, it was two-wheelers being parked here illegally and the broken bollards. Now, to top it all, the space is also being encroached upon by food delivery agents who are using it as a parking lot.

Shilpi Sahu, cyclist and a resident of Sarjapura, said it was difficult to make the agents understand that the lane is meant only for cyclists. Many agents have gotten into arguments and fights after cyclists asked them to move their two-wheelers.

Food delivery agents park on cycle lane at ORR

Bangalore Mirror
apathy is cyclical
Of broken bollards, illegal parking and zero maintenance at ORR cycle lane

BM's report on the bad state of ORR's cycle lanes

"On ORR near Marathahalli and HAL where the flexible bollards have worn out, those spots are now parking spaces. Even on spots where there are no parking signs, they have parked their vehicles."

Sahu says authorities should put up bigger sign boards in visible areas even in opposite directions as many people ride on the wrong way. "They could also put signs to show that it is one way to stop two-wheelers from using cycle lanes. Most of the two-wheelers who use the cycle lane don't realise that it is wrong and they assume the lane is meant for the two-wheelers."

Sathya Sankaran, Bengaluru Bicycle Mayor, said the police were not enforcing the cycle lane rules and were not penalising the violators. Despite complaining about parking on cycle lanes, no action has been initiated, he said. He said food delivery agents have encroached upon lane and the police should have raised violations a few times. "The police spread awareness on helmets, zebra crossing, seat belts, etc, but not once they took up a drive to spread awareness on cycle lanes. There is no fear of law."

A senior traffic police officer said that the cycle lane was under the maintenance of DULT and they should look into the issues faced by the cyclists. "Flexible bollards have been put up by DULT and if it is damaged and removed by the public and motorists, they should initiate an action. We will spread awareness on the cycle lane and deploy our staff on ORR to check on violations such as one-way riding and no parking in the lane," he said.

THE SUNDAY READ

The digital charmers

We speak to some innovative Kannada content creators who provided others with much needed laughs during the pandemic while also forging a place for themselves in the digital space

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TWEETS @BangaloreMirror

Kintsugi, is the Japanese art of repairing broken pottery by filling the cracks, usually with gold. This is based on the idea that when broken or worn out pieces are embraced and mended it becomes an even stronger form. The pandemic prompted many to inculcate this idea into their lives when the foundations of norm were shaken. We all were pushed to think out of the box, we had to unlearn and learn a lot of things. Today we take a look at some digital content creators who experimented during this period and found success in the ever growing Kannada space. Their reels though usually a minute long have gone viral, predominantly because their sketches that mimic everyday situations is something that all can relate to.

Sonu Venugopal, Standup comic and content creator

Though she started her page back in 2016, it was during the pandemic that Sonu Venugopal found traction and began her journey as a digital creator. One might have definitely come across Venugopal's character of a typical uncle who has an opinion about everything. But it has always been trial and error for her and she sticks with characters that make her happy rather than create something that is trending. Venugopal who was working in the radio industry for eight years quit radio in early 2021 and since then has been a full time content creator. Being a full time content creator also means being on the hunt for content constantly. Once she has an idea, it takes a couple of days for her to work on the concept before it is shot.

"I have been very active in my parents' social circles after I have become a full time content creator. But I guess my parents' friends and relatives now know that they are responsible for the content, so sometimes they do get conscious! But I manage to convince them every time that they won't be the 'subjects' of my next video," says Venugopal.

Keeping it real is what Venugopal is all about. "The number game can be very overwhelming. I am focusing more on creating content that makes you laugh and happy. Things that happen around all the time but no one takes notice," she says. Venugopal got into full time content creation last year and currently has over 106,000 followers. When asked about how much she makes now, "The growth is exponential. It depends on various factors like followers, engagement etc. So it would be tough to give a ballpark figure but if you are asking this question to me specifically then all I can say is that I can afford luxury holidays quarterly," she says with a wide grin.

Why predominantly Kannada content? '"I feel humour hits home if it is local. Also I felt the need for good Kannada comedy content that is beyond what we see in films and television," says Venugopal.

Other content creators she likes: Macwin, Krishna Jorapur, Bangalore Epicure, and WOMP.

Spoorthi Thej, Podcaster and content creator

Like other content creators, Spoorthi Thej too began getting more active and creating content consistently during the pandemic. Thej absolutely loves the process of creating and putting out content, she calls it her 'happy hours.' Observational humour is what Thej's content is all about blended with punchlines and twist endings. Thej's videos also feature other characters and based on this she takes about half a day just to shoot after other parts of the process is finalised. Wanting to retain quality in her work, she puts out one video every day or on alternate days.

Hailing from Kundapura, Thej's created content in both Karavali and Bengaluru Kannada (styles). "Kannada is my forte, the conversation and the scripts are much more natural and funny when I write it in the language I think in," says Thej.

Her video and character called 'The Kundapura Magu' (The Kundapura kid) is what propelled her ahead in the digital world. It is about that character's take on various things such as Covid vaccine, Valentine's Day and RCB amongst others.

When asked about what goes on behind the scenes, "The major work is asking people around me to be silent, cleaning my room or the background for some aesthetic and time management. Along with the usual retakes, working on the expressions, and finding the right costumes. Sometimes it so happens that, we would have neighbors or guests come over and I have walked in with the funniest avatars possible. Sometimes as a granny, sometimes as an uncle with a moustache drawn with eyeliner too!"

Thej was a Radio Jockey in Mangaluru earlier who now works as a Freelance Podcaster and Celeb chat room host apart from being a content creator. Thej who currently has about 18,600 followers has a word of advice to those wanting to start their journey as a digital creator, "Content creation could be a full time job once you hit that reach. But at the very beginning, I would strongly recommend to balance both your work and content creation, because at the end of the day money pays your bills. This can also create many more opportunities for you."

Other content creators she likes: Krishna Jorapur and Mokshith Poojary.

The world of reels and stories may seem lucrative but it comes with its fair share of worries as well. Engagements and numbers being the prominent one. Numbers mean money in this world as money comes in from collaborations with others or brands. Needless to say, the more the engagement and followers, more the moolah. The other dirty bit of this business is the bullying or harassment involved. But these content creators understand that engaging with people who spew hate can only push one down a rabbit's hole and choose to receive and appreciate all the love and encouragement they receive.

Sneha Shenoy, CA and content creator

Wanting to kill boredom and do something so that her mental health doesn't take a toll is what prompted Sneha Shenoy to start her page and post her first video in April 2020. Almost two years later she has over

84,000 followers who follow her content. She knew that her videos were going viral when troll and meme pages started sharing them.

From creating just a random video to creating one everyday Shenoy has come a long way. Is there always a script? Well not really. At times she creates a video instantly and uploads it (during IPL) but there are videos that take about three hours to conceptualize, shoot, edit, and post. Though she created content in other languages most of her content is

Shenoy, a Senior Audit Assistant at a CA firm, is happy with how things are going now and probably might get into this full time sometime in the future. "The pros are being able to showcase one's skills and recognition whereas the uncertainty associated with it is a con," says Shenoy.

Sharing one such anecdote about having a following she says, "There were boys near my house looking for an address. When my mom asked them who they were looking for they said 'Sneha Shenoy's house'. They had found my house after having seen it in one of my reels."

Though she creates content in other languages such as Konkdani and English , Kannada is foremost for this proud Kannadathi as she enjoys creating content in the regional language.

Other content creators she likes: Aiyyo Shraddha, GJ Krish, Udaal Pavvya, Prakash RK and Clean Kishnappa.

"The number game can be very overwhelming. I am focusing more on creating content that makes you laugh and happy. Things that happen around all the time — Sonu Venugopal

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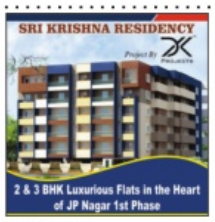

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No masks for kids aged 5 and under

CONTINUED FROM PAGE 1

overall development. Hence, from a regulatory standpoint, masks are not recommended for children aged five years and under. Most kindergarteners fit this scenario. Face masks provide an additional layer of protection and prevent the spread of covid-19 and other respiratory illnesses like influenza. However, other measures like social distancing, washing hands, providing appropriate ventilation, vaccination of all eligible kids and school staff may prove to be more beneficial, sustainable and support the overall psychosocial development of very young children," said Dr Sreevidya S, chief consultant and head of department of paediatrics and neonatology at Altius Hospital, HBR Layout.

Now that the schools are open, it is natural for parents to worry about infections in children. But forcing the young ones to wear face masks may do more harm than good. Keeping their safety in mind, face masks for kindergarten kids should not be enforced. Instead teaching them social distancing and proper hand hygiene will be much more beneficial, said Dr Lini Balakrishnan, consultant paediatrician at Motherhood Hospitals, Sarjapur.

"Of course, there will be situations when wearing a mask will be necessary; for example, if a family member is ill. In such a situation, the child should be supervised, and the parent or guardian should ensure the safe use of face masks. Children who are above six to 11 years of age can wear face mask provided they are properly trained on how to use it safely. Adequate adult supervision is required, and instructions should be given to the child on how to put on, take off and wear the masks safely. Most importantly, it is the adults around the children, be it parents, guardians, relatives or teachers who should be judiciously wearing masks, to ensure the safety of children from infections," Dr Balakrishnan added.

However, a few experts are of the view that kids may continue to wear face masks. One of the most effective way of preventing transmission of respiratory infections including covid-19 is wearing a face mask. "Generally, wearing a face mask is safe for children above two years of age; masks do not affect flow of oxygen into the lungs," said Dr Rajaram G, consultant paediatrician, Rainbow Children's Hospital, Marathahalli.

He added that masks do not affect learning and development -- "For masks to be effective, they have to be worn properly and should be of good quality. Parents and caregivers should ensure that the mask fits snugly over the child's nose, mouth and chin, with no gaps around the sides. Masks should be made of two or more layers of fabric and an adjustable nose wire. Even though surgical masks/disposable masks are effective, they may not fit young children properly. Well-fitting cloth masks with two or more layers provide enough protection for young kids."

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personal

CHANGE OF NAME

I, KUNHU MOITHU. A S/o Kunjammu. A Residing at No 21/4, SNT Street Near Raja shree Clinic, Gupta Layout, Halasuru, Bangalore - 560008 declare that my (old Name) KUNHU MOITHU. A and KUNHU MOIDU also ALAMPARA KUNHUMOIDU all above names belongs to me and have changed to (New Name) A. K. MOIDU vide affidavit Dated 03- 03 2022, sworn before Notary A.R. MUNEER AHMED, Bangalore. Hence forth I shall be called as A. K. MOIDU in all my future Documents.

I , A. NABEESA w/o A. K. MOIDU Residing at No. 21/4, SNT Street, Near Raja Shree Clinic, Gupta Layout, Halasuru, Bangalore - 560008 declare that my (old name) A. NABEESA have changed my name to NAFEESA MOIDU (New name) after marriage vide affidavit dated 02-03-2022 sworn before notary A.R. MUNEER AHMED Bengaluru. Hence forth I shall be called as NAFEESA MOIDU in all my future Documents.

I, MUHAMED FAZULUDEEN MOHAMED HUSSAIN, R/at #5,102.APTS,Kazi Street, Islamiya Masjid, Basavanagudi Bangalore–04 I Have changed my name to MUHAMMED ASHARAF KHAN, Vide Affidavit Dated: 4/03/2022. Sworn before Notary: D. Guna Shekar, Advocate, Bangalore

I, Ali Faraj Zaidi, R/o Flat.S-6, No.27, Ganesh PG, 2nd cross, Byrasandra Main Rd, Bhuvaneswarinagar, CV Raman nagar Bengaluru 560093 have changed my name to ALI FARAZ ZAIDI affidavit Dt.05/03/2022 notary A.R Muneer Ahmed, B'luru

I Yogesha M S/O, Mariyappa R/o No 99,Thylur Village And Post, Maddur Tq, Mandya Dist have corrected my name spelling to Yogesh M for all purposes before Notary Mamatha G, Maddur.

I, Dhruv Kumar Jain S/o Rajesh B Jain R/o No. 65, Sanjeevappa Lane, Avenue Road Cross, Bangalore 560002, have changed my name to Dhruv R Jain for all purposes.

Efforts on to evacuate stranded in Ukraine: CM

Karnataka Chief Minister Basavaraj Bommai on Saturday said all efforts are on to evacuate people from the state, who are stranded in besieged cities like Kharkiv and Kyiv in Ukraine, and that his administration is in constant touch with Ministry of External Affairs and Indian Embassy there.

The CM said he is trying to gather information regarding bringing back the remains of Naveen Shekharappa Gyanagoudar, a 21-year-old medical student from Haveri district in the state, who was killed in a Russian shelling in Kharkiv city last week.

"Many people have been evacuated (from Ukraine), some are unable to move and are stranded at places like Kharkiv and Kyiv. Embassy officials are tracking and tracing them and are coordinating, according to officials they will evacuate people from such places as soon as bombings reduce," Bommai said.

He said he was in contact with the Ministry of External Affairs and the Indian Embassy in Ukraine.

"We are in touch and coordinating with central Ministers who have been deputed to countries bordering Ukraine, to oversee the evacuation," he added.

Bommai said he will visit Naveen's residence at Ranebennur today to console the family members. The government has decided to give a solatium for the family

Responding to a question on bringing back Naveen's body, he said, "I'm gathering information, shelling is still on there, so I'm trying to gather the right information."

Meanwhile, Nodal Officer and Commissioner Karnataka State Disaster Management Authority (KSDMA) Manoj Rajan said, a total of 366 people from the state have returned so far from the war-torn Ukraine, under "Operation Ganga".

Op Ganga flight brings back 183

Another 183 Indians, mostly students, arrived from war-torn Ukraine by an Air India Express flight from Budapest via Kuwait at the Chhatrapati Shivaji Maharaj International Airport, an official said here on Saturday.

The flight IX-1603 includes 40 persons from Kerala, besides 36 from Andhra Pradesh, 30 from Telangana, 28 from Tamil Nadu, and 11 from Maharashtra.

There are 8 persons from Bihar, 7 from Punjab, 5 each from West Bengal and Haryana, 3 each from Uttar Pradesh and Karnataka, 2 each from Rajasthan and Odisha, and one each from Uttarakhand, Gujarat and Himachal Pradesh. The CSMIA had deployed special measures for the speedy exit and luggage clearance of the Ukraine evacuees.

Indigenous flying trainer HANSA-NG completes sea-level trials in Puducherry

India's first indigenous flying trainer 'HANSA-NG' designed and developed by CSIR-National Aerospace Laboratories, has successfully completed the sea-level trials at Puducherry from February 19 to March 5.

The aircraft was flown to Puducherry covering a distance of 140 nautical miles in 1.5 hours at a cruising speed of 155 km/hr on February 19, NAL said in a release on Saturday.

The objective of these trials were to evaluate handling qualities, climb/cruise performance, balked landing, structural performance including positive and negative G, power plant and other systems performance at sea level, it said.

All the objectives of the sea-level trials were met and the aircraft was ferried back to Bengaluru on March 5, after completing 18 hours flying in Puducherry, it said.

The aircraft was piloted by Wing Commander K V Prakash and Wing Commander Dilip Reddy of Aircraft & Systems Testing Establishment (ASTE), and the flight was monitored by NAL designers and Wg. Cdr. Reeju Chakraborty as Flight Test Director from telemetry.

According to NAL, HANSA-NG is one of the most advanced flying trainers powered by Rotax Digital Control Engine with unique features like Just-In-Time Prepreg (JIPREG) Composite Lightweight Airframe, glass cockpit, bubble canopy with wide panoramic view, electrically operated flaps, etc.

It is designed to meet the Indian flying club needs and it is an ideal aircraft for Commercial Pilot Licensing (CPL) due to its low cost and low fuel consumption, it said. **PTI**

PRASANNA MAGADI ROAD 10:30AM, 1:30PM | MOHAN SUNKADAKATTE 10:30AM, 1:30PM
PVR FORUM | ORION | VAISHNAVI | VEGACITY | REGALIA | MARKETCITY | VR | UPTOWN | ARENA | SPIRIT | GT | AURA
INOX MANTRI | CENTRAL | SWAGATH | YELAHANKA | GARUDA | BROOKFIELD | VALUE MALL | LIDO | RMZ
CINEPOLIS MEENAKSHI | FUN | S J R SPECTRUM | ETA | ORION EAST | SHANTINIKETAN | KINO KADUGODI
ROCKLINE CINEMAS JALAHALI | GOPALAN CINEMAS ARCH | INNOVATIVE | LEGACY | SIGNATURE | GRAND
MUKTA 2 CINEMAS UTTARAHALLI | INNOVATIVE MARATHHALLI | MANDYA NANDA 10:30AM, 1:30PM

PVR CINEMAS {Phoenix Marketcity, 11:40, 3:00, 6:20, 9:40 p.m. | Forum Mall, 11:30, 5:55, 9:15 p.m., IN DOLBY ATMOS :- 12:00, 3:20, 6:40, 10:00 p.m. | Arena Mall, 6:25, 12:15, 9:45 p.m. | Orion Uptown Mall, 3:30, 10:00 p.m. | MSR Regalia Mall, 11:45, 3:05, 6:25, 9:45 p.m. | Spirit Mall, 11:45, 6:10, 9:30 p.m. | VR Mall, 11:55, 6:10, 3:35, 10:00 p.m. | Vaishnavi Saphire Mall, 12:00, 3:20, 6:40, 10:00 p.m. | Vega City Mall, 11:55, 3:20, 6:40, 10:00 p.m., IN DOLBY ATMOS :- 11:30, 2:50, 6:10, 9:30 p.m. | GT World, 3:05, 6:25, 9:45 p.m. | Aura Cinema, IN DOLBY ATMOS :- 6:30 p.m.} | INOX {Lido, 9:10, 12:20, 3:30, 6:45, 10:00 p.m. | Brookefield Mall, 9:00, 3:05, 10:00 p.m. | Forum Value Mall, 9:30, 12:45, 6:35, 9:50 p.m. | Garuda Mall, 9:40, 11:10, 3:30, 6:45, 10:00 p.m. | Mantri Mall, 9:40, 2:45, 6:35, 9:50 p.m. | Central Mall, JP Nagar, 9:40, 12:40, 3:35, 6:50, 9:50 p.m. | Garuda, Yelahanka, 9:05, 3:15, 9:30 p.m. | Swagath Mall, 9:30, 3:40, 10:00 p.m. | Galleria Mall, RMZ Yelahanka, 9:05, 12:20, 3:15, 6:35, 9:50 p.m. | SBR Horizon, 9:30, 3:20, 9:40 p.m.} | CINEPOLIS {ETA Mall, 9:00, 12:00, 3:20, 6:40, 10:00 p.m. | Orion East Mall, 9:00, 12:20, 6:40, 10:00 p.m. | Royal Meenakshi Mall, 9:30, 12:30, 3:50, 7:10 p.m. | Shantiniketan, 9:00, 11:00, 3:20, 6:40, 8:10, 10:00 p.m. | Sigma Mall, 9:00, 12:00, 6:40, 10:00 p.m. | SJR Spectrum Mall, 9:00, 12:00, 6:40, 10:00 p.m.} | GOPALAN {Innovation Mall, 10:15, 6:45 p.m. | Arcade Mall, 9:30 p.m. | Signature Mall, 6:45 p.m. | Grand Mall, 9:45 p.m. | Legacy Mall, 3:45, 9:15 p.m.} | BHARATH CINEMAS {Manipal, 9:45, 3:55, 10:00 p.m. | Shivamoga, 10:30, 4:15 p.m.} | CINEPOLIS {City Centre Mall, Mangalore, 9:30, 12:45, 3:45, 10:00 p.m. | Hubli, 9:45, 11:50, 3:10, 6:30, 9:50 p.m.} | PVR CINEMAS {Fiza Mall, Mangalore, 2:45, 9:45 p.m. | Forum Mall, Mysore, 12:00, 3:20, 6:40, 10:00 p.m. | Garuda Mall, Mysore, 11:45, 6:10 p.m. | LAXMI Pride Hubli, 11:25, 6:25, 9:45 p.m.} | INOX {Satyam Mall, Mysore, 9:30, 3:20, 9:50 p.m.}.
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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

NATURE'S CREATIONS

A mushroom that lies in a neglected corner of my garden.

The picture was clicked by BM reader **Palanki Suryanarayana**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Nandini Layout's construction work is a never-ending saga

Shreyashi Mukherjee
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

Residents of Nandini Layout, south of BHEL Park, are fed up of the construction work that has been going on for more than a year. They complain that the air is thick with dust and debris, and not only does it harm their lungs and eyes, but it is also a civic menace.

Citizens say that they have been putting up with this problem for about a year now. The BBMP had started renovating the BHEL park the previous year. However, their work has still not been completed yet and the debris from the construction work is always dumped on the roads in front of their houses.

A resident, on the condition of anonymity, said, "The area has become extremely dingy. The moment we step out of our houses, we see the debris right in front of us. The entire look of the place has changed. It looks extremely dirty. The very appearance of this area has become so shabby."

Piles of debris kept untidily at the park in Nandini Layout, making it inaccessible to the young and old

Another resident lamented that they have been doing the renovation work at a very slow pace. The workers would work for one day and the next day, they would be absent. It just seems as if they are dragging the work for no apparent reason, he said.

To make matters worse, pollution in the area has increased two-fold. "I already have asthma, to top it off, the debris from the construction work increases the dust. I have to take extra precautions while going out because I cannot afford to have an asthma attack while going to work," said another resident.

The construction work has made the roads extremely unsafe for kids or elders as if someone is unmindful while walking, they might trip on the scattered debris and injure themselves.

Another Bengalurean residing in the area said that because of the construction work, they could no longer go to the park. "It was a place where we could go and unwind after a long day. Now, because of the never-ending construction work, we cannot even go to the park for a small walk."

Like most stories go, citizens say they have raised several tickets with the BBMP, however, no action has been taken, yet.

DID YOU KNOW?

If you're an avid reader, there is no way you would have missed out on RK Narayan's Malgudi Days. Narayan's collection of short stories that will remain timeless forever is based in Malgudi, a fictional town in South India. While Narayan himself has defended the identity and integrity of this fictional town where life is simple and leisurely, saying, "I am often asked, 'Where is Malgudi?' All I can say is that it is imaginary and not to be found on any map. It is South-Indian in costume, tone and content," many readers, however, believe that the town was inspired by Malleswaram and Basavanagudi ('Mal' and 'Gudi' coming together to form the name). Some of Malgudi's features closely resemble those of these two areas, from the olden days. Others however, also feel the fictional town also bears resemblances to Mysuru.
Image credit: karnatakatourism.org

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What is the one thing you miss about Bengaluru from the olden days that is no longer there now?

Tahir Rehman GZ, travel consultant
The peaceful and pleasant atmosphere is definitely missing in this city. People have changed drastically and I rarely notice the love and affection which would exist during the 80's and 90's.

Ramanan KV, teacher
The aspect I miss in Bengaluru from the olden days is the lush and verdant greenery and also a relaxed lifestyle.

KL Subramanyam, BM reader
There are several things of old Bangalore like parks, tanks, buildings of British architecture, theatres, lanes and sub-lanes etc that I sorely miss today. A famous landmark of the olden days – Liberty Theatre that was owned by a Muslim lady Begum -- no longer exists.

Ratna, a homemaker
In the olden day, the city was filled with greenery. Today, the city is a concrete jungle filled with buildings and structures. I miss the days of yore.

Vinod Kumar K, BM reader
I miss the good water supply, better roads, garbage-free spaces that used to exist in Bengaluru earlier.

SPEAK TO US

What is the one (or two) food item(s) that you immediately associate with Bengaluru?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Four districts achieve 100% full vaccination

To ramp up the vaccination drive in Karnataka, the state Health department is now targeting to ensure that the eligible population receives the second dose of Covid-19 vaccine as soon as possible.

More than 10 crore vaccine doses have been administered to the people in the state so far along with 100 per cent vaccination of people with the first dose.

Four districts in Karnataka -- Bengaluru Rural, Vijayapura, Kodagu and Gadag -- have achieved 100 per cent second dose vaccination.

The Gadag district administration ensured both vaccine doses to the eligible population of 7,75,000 and has vaccinated 7,90,593 people (including floating population), according to statistics released by the state Health and Family Welfare department.

As many as 8,31,395 persons have been identified and vaccinated in Bengaluru Rural district while 16,56,611 beneficiaries have been given both vaccine doses in Vijayapura district.

In Kodagu district 4,03,846 persons have been administered with both doses of vaccines.

These four districts achieved the vaccination target ahead of Bengaluru Urban district, which has managed to vaccinate 91 per cent of people in the city despite good infrastructure, workforce and facilities compared to the other four districts.

Raichur, considered as one of the most backward districts in Karnataka, has the least administration of second dose of vaccine at 89 per cent.

Despite the huge eligible population of 34,80,530, Belagavi district (98 per cent) is very close to achieving 100 per cent vaccination with both the doses. Kolar district has achieved 97 per cent of vaccination.

The districts achieved the vaccination target ahead of Bengaluru Urban, which has managed to vaccinate 91 per cent of its population

Mandya and Hassan districts are inching closer with 96 per cent of vaccination of the eligible population.

The state average in terms of vaccination stands at 94 per cent as far as the second dose is concerned.

State Health Minister, K. Sudhakar has congratulated the district administrations and health workers of the four districts for ensuring vaccination of all eligible population.

IANS

School building for girls: Appu's dream comes true

As part of budget, govt announces that it will build a school building proposed by the late actor at Shakti Dhama

A school building for girls studying at Shakti Dhama, a dream envisioned by the late actor Puneeth Rajkumar, is now about to come true. The government of Karnataka announced in the budget that it would build a school for girls in Mysuru.

Shakti Dhama is a charity organisation that was founded by Parvathamma Rajkumar and Dr Rajkumar in 1998 for helping destitute women from weaker sections of the society. Dr Rajkumar participated in a musical night in Mysuru Kalamandir through which fund of Rs 67 lakh was collected and contributed to the organisation. Suttur Mutt contributed Rs 1.5 acres of land. This organisation helped more than 4,000 women to stand on their own.

The 200 girls who resided at Shakti Dhama on Mysuru-Nanjanagud Road are studying in different schools and colleges in Mysuru.

Puneeth Rajkumar dreamt of building an ashram school on the organisation premises to enable education to the girls. He assured financial assistance for building the school. He spent his remuneration from the royalty earned by Kannadada Kotyadhipathi for the development of Shakti Dhama.

There were four acres of land identified for the school building. Deputy Director of Public Instructions Ramachandra Raje Urs also visited the site.

With the early demise of the actor, the process came to a halt. With theGovernment of Karnataka announced the funds for building the school in the budget, the project got a new life.

Apart from late Kannada superstar Puneeth, prominent personalities like Yaduveer Krishnadatta Chamaraja Wadiyar had visited Shakti Dhama in Mysuru

"Puneeth dreamt of building an ashram school, rather than building an ordinary school. We got permission for starting classes of 1-8th standards

–Sumana, trustee, Shakti Dhama

Recently, the Chairman of Shakti Dhama, Geetha Shivarajkumar, Shivarajkumar, Managing Trustee Jayadeva and Retired IPS officer Kempaiah met the Chief Minister Basavaraj Bommai and sought his for support for the school and also submitted the DPR of the school. The Chief Minister also assured them he will support them.

Shakti Dhama Trustee Sumana said, "There are 4 acres of land in Shakti Dhama. Puneeth was dreaming of building an ashram school, rather than building an ordinary school. We got permission for starting classes of 1-8th standard. He assured us of funding and told us to prepare a project. He left us before fulfilling his dream. Now, we are happy that the government decided to take his dream ahead. We want to build a school in 8 months."

—Prakash VL

IN BRIEF

Navrathan Jewellery expo in Mysuru

Navrathan Jewellery, a well-known jewellery firm along with Vijay Karnataka is organising a three-day show in Mysuru. This expo is being organised at Fortune JP Palace Hotel in Mysuru from 10 am to 9 pm and will feature exquisite and antique-inspired designs.

Besides the pieces, there will also be a ramp walk with models as show-stoppers. With the previous expo getting an excellent response bolstered by demand from Mysureans and residents of neighbouring districts like Hassan, Chamarajanagar, Mandya and Kodagu districts, the second edition of this expo is being organised from March 11.

Navrathan Jewellers have carved a name for themselves in antique designs and have come up with specialised designs as well for the Mysuru expo. This will be a treat for all those who want to shop for wedding designs and auspicious occasions.

Kalpana, a homemaker from Saraswathipuram in Mysuru, said, "It was a treat to visit the Navrathan jewellers' expo last year as I was happy to buy a lot of my favourite styles. With the second edition of expo starting soon, I am now preparing my bucket list to buy at this expo."

White Stone Hill tragedy: FIR against 3

Karnataka Minister for Housing and Infrastructure Development, V. Somanna, who is also district in-charge minister for Chamarajanagar, announced on Saturday that there will be no mining activity in the district for one month, after the collapse of the White Stone Hill at the Gummakallu hill quarry where several workers are feared trapped.

Speaking to reporters on Saturday, Somanna said that the White Stone Hill has been permanently shut, and the licence issued for mining purposes in this area has been withdrawn.

An FIR has been lodged against Mahendrappa, the land owner, Hakeem, who leased it for mining, and Naveed, quarry manager, in connection with the incident. The legality of their deal is being verified.

'Scientific approach to solve farmers woes'

Chief Minister Basavaraj Bommai has assured farmers of implementing projects in a scientific manner to help them. He was speaking at the finale of the fourth edition of the VK Super Star Raitha at Hirekerur in Haveri district on Saturday. "Despite a number of initiatives, farmers continue to face a number of problems. It looks like our programmes are not reaching the farmers. Hence, we will take a scientific approach to solve the problems of the farmers."

During the finale, 20 farmers were felicitated. VK Super Star Raitha is a unique platform that honours the progressive farmers from across Karnataka who have excelled in their agricultural efforts. Agriculture Minister BC Patil and others were present.

THESE MINIATURE LASERS ARE ALIVE

Showing promise: Researchers create really tiny laser that can emit light inside a single live cell

In the last few decades, lasers have become an important part of our lives, with applications ranging from laser pointers and CD players to medical and research uses. Lasers typically have a very well-defined direction of propagation and very narrow and well-defined emission colour. We usually imagine a laser as an electrical device we can hold in our hands or as a big box in the middle of a research laboratory.

Fluorescent dyes have also become commonplace, routinely used in research and diagnostics to identify specific cell and tissue types. Illuminating a fluorescent dye makes it emit light with a distinctive colour. The colour and intensity are used as a measure, for example, of concentrations of various chemical substances such as DNA and proteins, or to tag cells. The intrinsic disadvantage of fluorescent dyes is that only a few tens of different colours can be distinguished.

In a combination of the two technologies, researchers know that if a dye is placed in an optical cavity - a device that confines light, such as two mirrors, for example - they can create a laser.

Taking it all a step even further, our research, described in the journal Nature Photonics, shows we can create a miniature laser that can emit light inside a single live cell.

Tiny, tiny lasers

We made our lasers out of solid polystyrene beads ten times smaller than the diameter of a human hair. The beads contain a fluorescent dye and the surface of the bead confines light, creating an optical cavity. We fed these laser beads to live cells in culture, which eat the lasers within a few hours. After that, we can operate the lasers by illuminating them with external light without any harm to the cells.

Then we capture the light emitted from the cells via a spectrometer and analyze the spectrum. The lasers can act as very sensitive sensors, enabling us to better understand cellular processes. For example, we measured the change in the refractive index - the way light travels through the cell - while varying the concentration of salt in the medium surrounding the cells. The refractive index is directly related to the concentration of chemical constituents within the cells, such as DNA, proteins and lipids.

Fat cells contain lipid droplets that can work as natural lasers when supplied with a fluorescent dye

By analysing the light emitted by a droplet laser, we can measure that deformation and calculate the force acting on the droplet

Further, lasers can be used for cell tagging. Each laser within a cell emits light with a slightly different fingerprint that can be easily detected and used as a bar code to tag the cell. Since a laser has a very narrow spectral emission, a huge number of unique bar codes can be produced, something that was impossible before.

With careful laser design, up to a trillion cells (1,000,000,000,000) could be uniquely tagged. That's comparable to the total number of cells in the human body. So in principle, it could be possible to individually tag and track every single cell in the human body. This is a huge leap from cell-tagging methods demonstrated until now, which can tag at most a few hundred cells. So far we've tagged cells only in Petri dishes, but there's no reason it shouldn't also work for cells within a living body.

The alternatives

Instead of a solid bead, we also used an droplet of oil as a laser inside cells. Using a micro pipette, we injected a tiny drop of oil containing fluorescent dyes into a cell. In contrast to the solid bead, forces acting inside the cells can deform the droplets. By analyzing the light emitted by a droplet laser, we can measure that deformation and calculate the force acting on the droplet. It's a way to get a very precise picture of the kinds of mechanical forces exerted within cells by processes such as cellular migration and division.

Finally, we realised that fat cells already contain lipid droplets that can work as natural lasers. They don't need to eat or be injected with lasers, just supplied with a nontoxic fluorescent dye. That means each of us already has millions of lasers inside our fat tissue that are just waiting to be activated to produce laser light. Next time you're thinking about trimming down, you could just reconceptualise your body fat as a huge number of tiny lasers.

Our new cell laser technology will help us understand cellular processes and improve medical diagnosis and therapies. They could eventually provide remote sensing inside the human body without the need for sample collection. A cell is a smart machine, equipped with a computer with "DNA Inside." Specialised cells, such as immune cells, can find the disease and site of inflammation, carrying the laser to the target for laser-based diagnosis and therapies. Imagine rather than a biopsy for a lump that doctors suspect to be cancer, cell lasers help determine what it's made of. Cell lasers also hold promise as a way of deliver laser for therapies, for example, to activate a photosensitive drug at the target to kill microbes or cancerous cells.

Matjaz Humar
Harvard University (The Conversation, via AP)

BITS & BYTES

MICROSOFT CLOSES ON $16 BN ACQUISITION OF NUANCE

Microsoft has closed on its approximately $16 billion acquisition of speech recognition company Nuance.

The deal, which was announced last year, helps Microsoft Corp. get more entrenched into hospitals and the health care industry through Nuance's widely used medical dictation and transcription tools. The acquisition is Microsoft's second-largest after its $26 billion purchase of career networking service LinkedIn in 2016.

Nuance's artificial intelligence technology helped power Apple's Siri digital voice assistant upon its release on iPhones more than a decade agol. The Burlington, Massachusetts-based company has since shifted to focus on physicians and other tailored uses of its Dragon line of voice recognition tools.

NASA STUDIES 50-YR-OLD LUNAR SAMPLE TO PREPARE FOR RETURN TO MOON

Scientists at NASA are tapping into one of the last unopened Apollo-era lunar samples to learn more about the Moon and prepare for a return to its surface.

NASA's Artemis mission aims to bring back cold and sealed samples from near the lunar South Pole.

The sample is being opened at NASA's Johnson Space Center in Houston and studied by the Apollo Next Generation Sample Analysis Program (ANGSA) -- a science team which aims to learn more about the sample and the lunar surface in advance of the upcoming Artemis missions to the Moon's South Pole.

"Understanding the geologic history and evolution of the Moon samples at the Apollo landing sites will help us prepare for the types of samples that may be encountered during Artemis," Thomas Zurbuchen, associate administrator of NASA's Science Mission Directorate in Washington, said in a statement.

HEALTH TIP: Some research links red and processed meat to inflammation, which may increase arthritis symptoms

Garlic, like ginger, pineapple, and fatty fish, is a common food that's rich in anti-inflammatory compounds

BAKE LIKE A PRO

Fancy a challenge? Whip up these desserts that not only taste yum, but are great for the 'gram as well

TIRAMISU

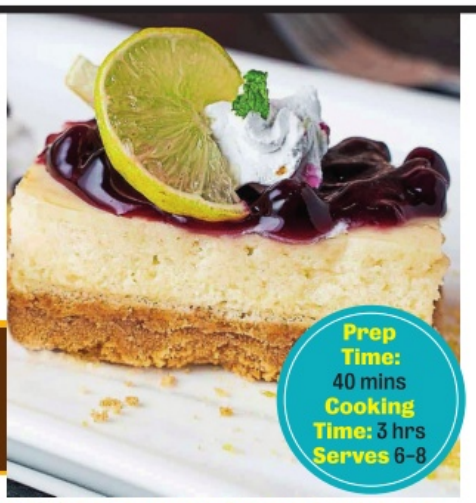
Prep Time: 30 mins
Cooking Time: 15 mins
Serves 8-10

INGREDIENTS

- Egg yolk: 6
- Castor sugar: 200 gm
- Mascarpone cheese: 280 gm
- Whipping cream: 415 gm
- Savoiardi: 400 gm
- Kahlua: 90 ml
- Espresso/ instant coffee decoction: 180 ml
- Cocoa powder: for garnish

METHOD

- On a double-boiler, whisk the eggs and sugar on a low flame (without the water touching the base) till the sugar is fully incorporated (approx 10 mins). In a large mixing bowl, whisk the mascarpone cheese to remove all lumps, add the egg mixture in 2-3 batches to this and mix with a light hand using a spatula. Add the whipped cream to the mixture and use a cut-and fold-method to incorporate all the ingredients. In a small bowl, mix the liquor and coffee decoction. Layer your serving tray with Saviorardi slightly dipped in the above mixture. Add a layer of the mascarpone mix over this. Repeat to give another layer. Refrigerate overnight. Dust lightly with cocoa powder before serving.



Prep Time: 40 mins
Cooking Time: 3 hrs
Serves 6-8

LEMON & BLUEBERRY CHEESECAKE

INGREDIENTS

For the biscuit crust

- McVitie's digestive biscuit: 150gm
- Butter: 65gm
- Castor Sugar: 30gm
- Lemon zest: 1

For the cream cheese filling

- Dlecta cream cheese: 900gm
- Castor sugar: 225gm
- Egg: 4
- Egg yolk: 1
- Vanilla essence: 22gm
- Lemon juice: 15 gm
- Lemon zest: 1
- Cornflour: 18gm

Garnish

- Mothers Maid Blueberry topping
- Lemon slice
- Mint sprigs

METHOD

- For the biscuit crust: Crush the biscuits and mix it with melted butter and castor sugar. Take the cake mould and cover the base with tin foil tightly. Spread the mixture on the base of the mould and press it firmly to flatten it. Bake @180°C for 10mins. Let it cool.
- For cream cheese filling: In a bowl mix cream cheese until smooth using an electric whisk on med-hi speed. Add castor sugar and mix well till dissolved. Add the eggs one by one. Fold in the vanilla essence, lemon juice and cornflour using a spatula. Pour the mixture on the baking biscuit crust and bake it using water bath @155°C for 160 mins. Cool overnight in the fridge.
- To plate: Place a slice of the cold cheesecake on a plate and spread a spoonful of the compote on the cheesecake. Garnish and serve.

VANILLA BEAN PAVLOVA WITH LIMONCELLO CREAM AND BERRIES

INGREDIENTS

For the Pavlova base

- egg whites: 6 large/190g
- table salt: 1/4 tsp
- Vanilla beans: 1 tsp
- Granulated sugar: 1 ½ cups/336g
- synthetic vinegar: 1 ½ tsp
- cornstarch: 1 ½ tsp

For the Limoncello cream

- cream cheese: 200 gm
- Unsalted butter: 65 gm
- icing sugar: 360 gms
- Limoncello: 30 ml

For topping

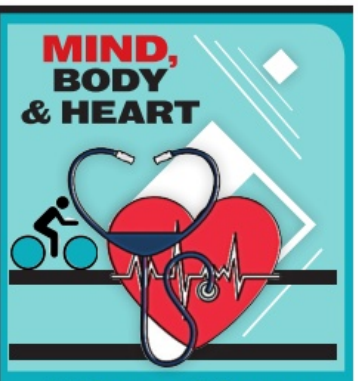
- Blueberries: 100 gms
- Strawberries: 100 gms
- Mulberries: 100 gms
- Mint sprigs: A few

Prep Time: 1 hr
Cooking Time: 2hrs
Serves 15-20

METHOD

- Preheat oven to 250°F. In a large bowl, whisk the egg whites on medium speed until soft peaks form. With the mixer running, add the salt and the vanilla seeds. In a slow, steady stream add the sugar to the egg whites. Increase the speed to medium-high and continue whipping until stiff peaks are formed. Add the vinegar and cornstarch. Whip on medium to incorporate the ingredients. Shift the mixture to a piping bag. Pipe it on a silicon pad that has been kept over a baking tray. Pipe out oval nest-like figure. Bake the meringue for approx 60-70 mins until the exterior is dry. Turn off the oven, prop the door open by a crack, and leave the meringue in the oven for at least 1 hour. Use an electric mixer to mix cream cheese and butter until creamy and light, about three minutes on high speed. Mix in powdered sugar in 3 batches. You can add more or less to get your desired consistency. Mix in limoncello until fully integrated. Refrigerate after putting it in a piping bag. Pipe the cream onto the discs and top with berries and mint.

By Tanvi Chandan, Chef and Owner, The Pineapple Inc



All problems solved

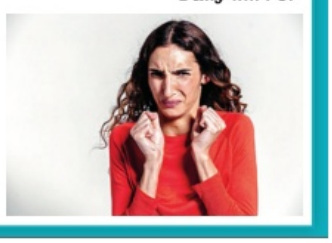
Dear Coleen

I love my boyfriend and things are good between us, however, I can't stand his sleazy best mate. Whenever we're all together, he makes inappropriate comments, sexual innuendos and so on, which make me feel uncomfortable. His mates, including my boyfriend, love him, think he's the life and soul of the party. I know if I bring it up with my boyfriend he'll be touchy about it because he's known him since they were 11 and they see each other a lot. Have you any suggestions on what I can do before it starts to affect our relationship?

COLEEN SAYS

I think you should just be direct with the friend. If he crosses a line, tell him he's crossed a line. If no one pulls him up on the things he says, he'll just carry on, thinking it's acceptable. If your boyfriend has a problem with it, say it's not appropriate and it makes you feel so awkward you don't want to be in his company. If you stand up to this guy, that might be all it takes for him to rein it in, at least when you're around. It's not a given that you're going to get along with your partner's friends, but it shouldn't affect your relationship unless you let it. I imagine you don't have to see him that often and when he is around in a group situation give him a wide berth. I'm sure your boyfriend will be understanding and the only reason for being touchy would be if you tried to ban him from seeing his mate. He sounds immature to me, showing off, but maybe he lacks confidence when he's in a group, and with women, and it's all a big cover-up.

—Coleen Nolan, Daily Mirror



Chai-Time

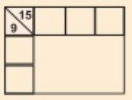
SOLVE IT IN A MINUTE

4–18+12 = ?

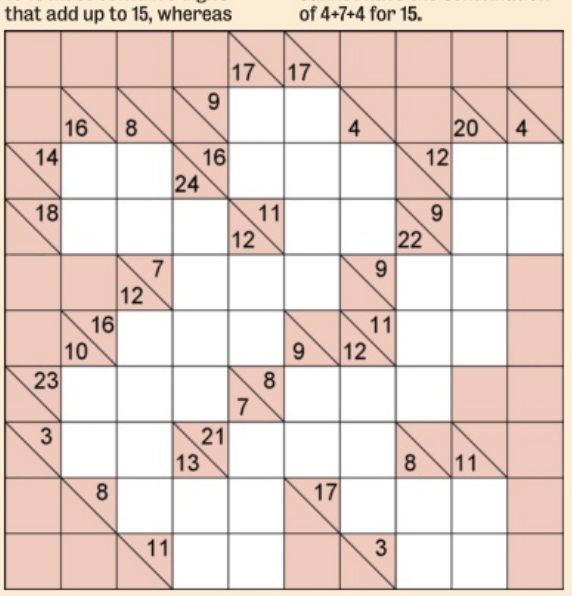
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

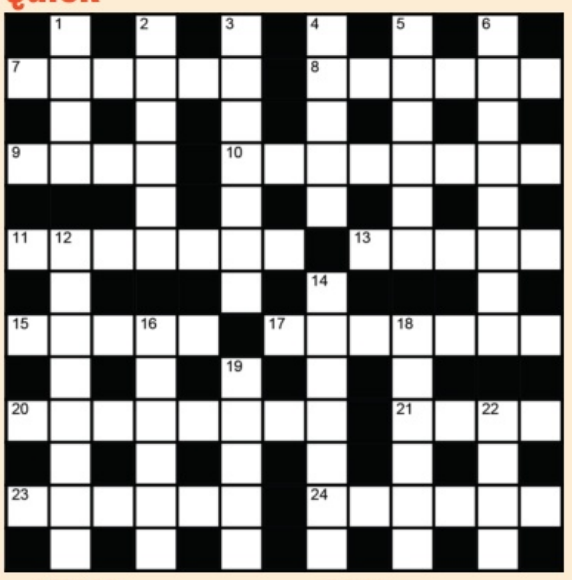
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Mr.Shroff of Bollywood (6)
8 Giraffe-like animals (6)
9 Type of lily (4)
10 Ordinary writing (8)
11 Korean electronics giant (7)
13 Jammed (5)
15 Arsenal's local rivals (5)
17 Added a sweetening agent? (7)
20 Tipu Sultan's father (5,3)
21 Cain murdered him (4)
23 Deprive of or strip (6)
24 Merges or brings together (6)

DOWN

1 Equitable (4)
2 Economizes (6)
3 Vending (7)
4 Benefits, favours or acquisitions (5)
5 Small shampoo bag (6)
6 Case for ship's compass (8)
12 Suffocation, lack of air in lungs (8)
14 Singular, foreign or queer? (7)
16 Stank (6)
18 Walking disorder (6)
19 Carol-singers (5)
22 Female sheep (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS I

RB ABEZU YKJBMSHUC BFBZO NEO, EUN AKMY KW MHJBY HM'Y MSEM RSEM RB ABE-ZUBN MSB NEO DBWKZB REY RZKUC.

Linemaro

He: You're taller. She: Why? He: Yesterday, you were up to my shoulders, but now you're on my mind

Mindchow

Don't assume malice for what stupidity can explain

Joke of the day

You know you are a geek when you look at a movie trailer and think, "I have that font"

Loop

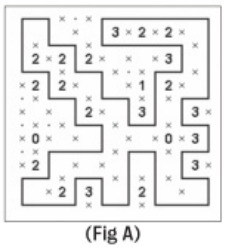
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

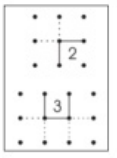
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

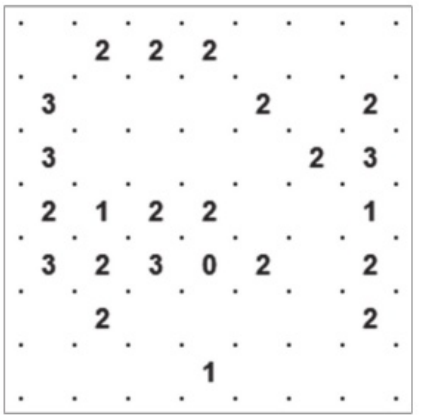
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



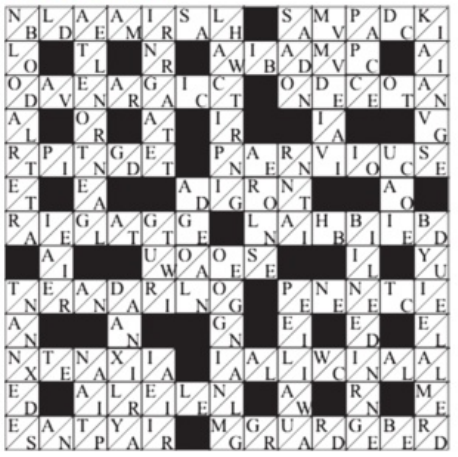
(Fig A)



(Fig B) Not Allowed



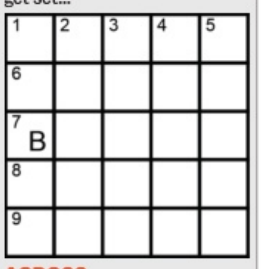
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

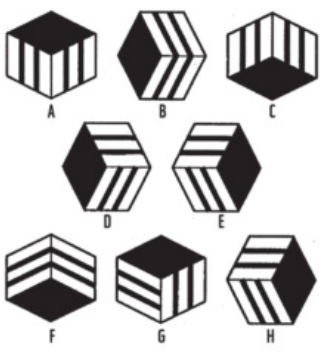
1 Crops; 6 Value;
7 Boner; 8 It lee;
9 To Big

DOWN

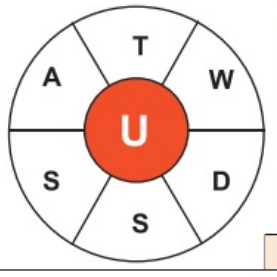
1 Be cub; 2 Olio V;
3 GI err; 4 An opt;
5 Steel

Mensapuzzle

Arrange these cubes into four matching pairs.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge

4			6					8
		6	7		8			
	1		5			3		9
							7	3
5			9		3			6
2	9							
7		2			9		3	
			1		6	4		
6					2			5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

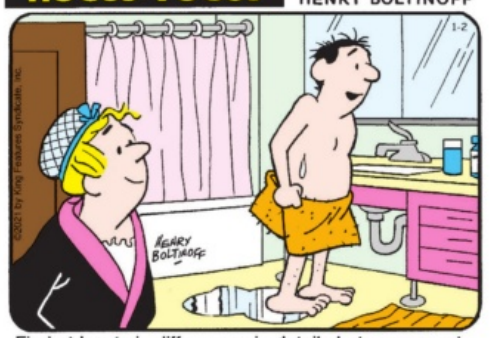
Easy = 18
2 6 6 8

Medium = 51
3 5 5 7

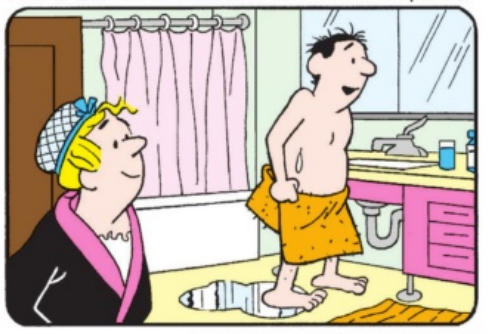
Hard = 44
3 5 9 4

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Towel is longer. 2. Shower curtain is not as wide. 3. Faucet handle is moved. 4. Leg is moved. 5. Drawers are not as wide. 6. Glass is smaller.

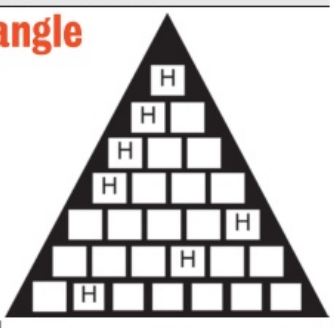
Riddler

Use the syllables in the sylalist to complete the clues below. Each clue gives how many syllables the answer of it has. Can you complete every question?

Sylalist: com con dent e el el er fort junc man ment na nov o or or phant pi ro rus sat sau scor the tion urn; Clues: 1. Sign of the zodiac (3), 2. A Planet (2), 3. A Mammal (3), 4. Decoration (3). 5. Mansion (2), 6. Long Fiction (2), 7. Rat, Squirrel, etc. (2), 8. Quilted Bedcover (3), 9. Book of Synonyms (3), 10. and, but, for, so, etc. (3)

Alpha triangle

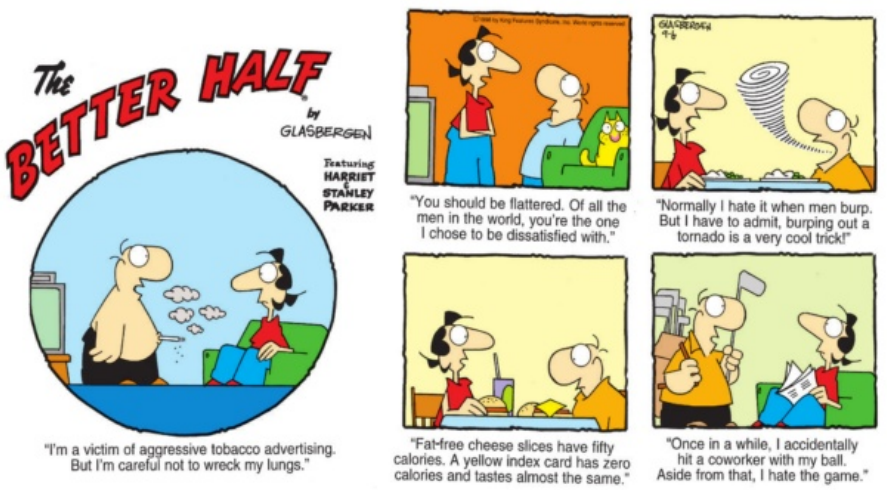
1 Atomic number 1
2 Masc. pronoun
3 Hasten
4 Rent
5 Hitler's Third
6 Coded message
7 Jaunty

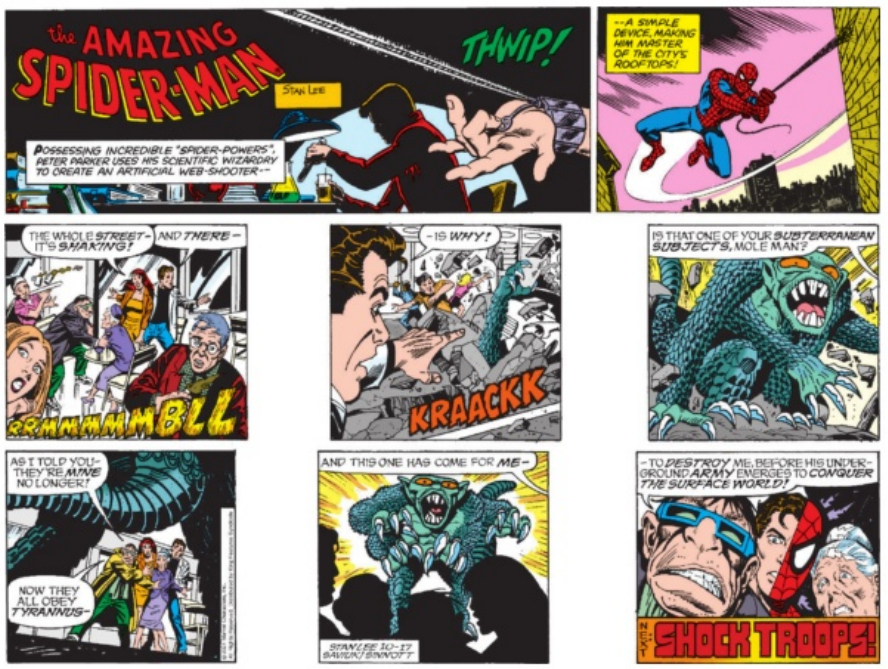


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"I'm a victim of aggressive tobacco advertising. But I'm careful not to wreck my lungs."
"You should be flattered. Of all the men in the world, you're the one I chose to be dissatisfied with."
"Normally I hate it when men burp. But I have to admit, burping out a tornado is a very cool trick!"
"Fat-free cheese slices have fifty calories. A yellow index card has zero calories and tastes almost the same."
"Once in a while, I accidentally hit a coworker with my ball. Aside from that, I hate the game."


the AMAZING SPIDER-MAN
STAN LEE
POSSESSING INCREDIBLE "SPIDER-POWERS", PETER PARKER USES HIS SCIENTIFIC WIZARDRY TO CREATE AN ARTIFICIAL WEB-SHOOTER--
THWIP!
--A SIMPLE DEVICE, MAKING HIM MASTER OF THE CITY'S ROOFTOPS!
THE WHOLE STREET-IT'S SMASHING!
AND THERE--
RRMMMMBLL
--IS WHY!
KRAACKK
IS THAT ONE OF YOUR SUBTERRANEAN SUBJECTS, MOLE MAN?
AS I TOLD YOU-THEY'RE MINE NO LONGER!
NOW THEY ALL OBEY TYRANNUS--
AND THIS ONE HAS COME FOR ME--
--TO DESTROY ME, BEFORE HIS UNDERGROUND ARMY EMERGES TO CONQUER THE SURFACE WORLD!
SHOCK TROOPS!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you will be blessed by the moon; it will be a good day for you. You may have good vitality and energy. You may enjoy at work. You are likely to make new plans to start some new project; your perfection may help you to design the flow chart. Job aspirants will find a good job. Lovebirds are advised to avoid discussing worthless topics.

Taurus Apr 21 – May 20
Today, you may be disappointed. You are advised to control your arrogance otherwise you may face some losses due to your words. Lovebirds should be careful while discussing worthless topics; it may cause a breakup in the relationship.

Gemini May 21 – Jun 21
Today, you will be blessed by the moon; new sources of income are likely to open. Your past investments will now start paying in terms of profits. Your losses will convert into profits, which will boost your financial health. Health issues related to parents may be resolved.

Cancer Jun 22 – July 23
Today you may be very happy; you will be busy at work. Your seniors may be happy and appreciate your work. You are likely to have some changes in your place, position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may take important decisions in terms of marriage with the help of relatives or friends.

Leo Jul 24 – Aug 23
Today, you will be blessed by moon. Last day's messy situation will be under control. You may resume your postponed work. With blessings, you may get rewards for your hard work. There will be gains in your business which may boost your savings. You may spend money on artefacts or literature. You may also plan for an overseas trip.

Virgo Aug 24 – Sep 23
Today, you may feel dull; you might face health issues which may affect your professional and domestic life. You are likely to be upset due to spouse's health issues. Running projects may stop without any reason. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to avoid fantasy and work hard in their studies.

Libra Sep 24 – Oct 22
Today, you may be busy at work. You are likely to explore extra sources of income which may boost your bank balance. You may take interest in artefacts, movies, glamour, which may improve your creativity. Lovebirds can convert their relationship into marriage. Students may go ahead towards their aim in terms of career.

Scorpio Oct 23 – Nov 22
Today, you will be blessed by a positive moon. You may feel healthy, old health issues may be cured now. The amount, which was stuck somewhere, is likely to be recovered now. You may also apply for a loan for buying stuff related to luxury. You may also be able to control your opponents.

Sagittarius Nov 23 – Dec 22
Today, you may feel very dull. It may make you lazy and careless; you are likely to be unfocused at work; impatience may pull you down negatively. You should avoid investments in assets. Kids' and spouse's health may make you upset. Lovebirds should avoid arguments in family matters. Students are advised to study in depth to get success in their exams.

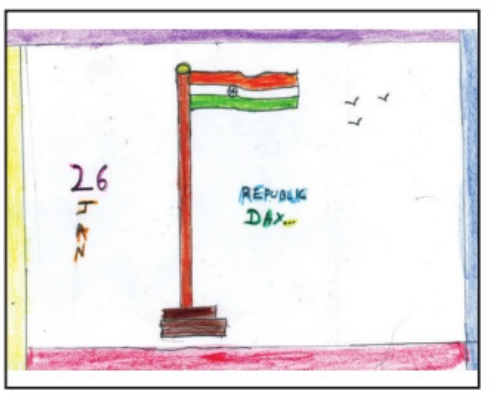
Capricorn Dec 23 – Jan 20
Today, the moon will be negative and you may find negative vibrations around you which may make you upset. You are advised to avoid investments on worthless assets. You are advised to avoid expectations from the people around you at work, home and society; otherwise, it may make you more upset. You are advised to follow your intuition before taking important decisions today.

Aquarius Jan 21 – Feb 19
Today, you will be blessed by the elders. You may be able to implement business plans successfully with the help of your subordinates. You may be involved in some social or family get-together which may boost your network. You may likely to go for short business-related trips, which may give you benefits in the near future. Disputes with the sibling may be resolved now.

Pisces Feb 20 – Mar 20
Today is a good day; your financial health is likely to be good. You may get benefits from your past investments. You may control your spending on worthless stuff, which may boost your savings. Lovebirds are advised to be polite in conversations with the partner, otherwise, there may be some conflicts between them.

KIDZONE

Abuzar, 4 years, Bengaluru



Jagan B, 11 years, Bengaluru

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
1. Scorpio (scor pi o), 2. Saturn (sat urn), 3. Elephant (el e phant), 4. Ornament (or na ment), 5. Manor (man or), 6. Novel (nov el), 7. Rodent (ro dent), 8. Comforter (com fort er), 9. Thesaurus (the sau rus) 10. Conjunction (con junc tion)

SOLVE IN 1M
-14+12
-2

FAST FIVE

C	O	R	P	S
U	V	E	A	L
B	O	R	N	E
E	L	I	T	E
B	I	G	O	T

STRIKE OUT

B	L	E	M	I	S	H		S	M	A	C	K
L		T		R		A	B	A	M	P		I
O	V	E	R	A	C	T		O	D	E	O	N
A		R		T		I		I		G		
T	I	N	G	E		N	E	R	V	O	U	S
E		A		G	O	N		A				
R	E	L	A	T	E		N	A	B	B	E	D
A		W	O	E	S		I		U			
T	R	A	D	I	N	G		P	E	N	C	E
A		A		G		I		D		L		
X	E	N	I	A		I	L	L	W	I	L	L
E		A	L	I	E	N		A	N		E	
O	V	E	R	A	C	T		O	D	E	O	N
S	A	T	Y	R		G	R	U	D	G	E	D

QUICK

F		S		S		B		S		B		
J	A	C	K		I	E		O	K	A	P	I	S
D	I	V	E	S	T		U	N	I	T	E	S
A		D		S		S		A		S		
H	Y	D	E	R	A	L	I		A	B	E	L
X		K		I		O		S		W		
S	P	U	R	S		S	U	G	A	R	E	D
S		G		C		L						
S	A	M	S	U	N	G		S	T	U	C	K
P		I				S		E		A		
A	R	U	M		L	O	N	G	H	A	N	D
I		I		L		O		C		N		
A		B		S		E		A		P		
D		S		A		S		S				

MENSA PUZZLE
A-C, B-F, D-G, E-H

QUOTE UNCODE
We learn something every day, and lots of times it's that what we learned the day before was wrong.

BULL'S EYE
dust, SAWDUST, stud

SUDOKU

6	4	1	3	7	2	9	8	5
9	3	5	1	8	6	4	2	7
7	8	2	4	5	9	6	3	1
2	9	3	8	6	7	5	1	4
5	7	4	9	1	3	2	8	6
1	6	8	2	4	5	9	7	3
8	1	7	5	2	4	3	6	9
3	5	6	7	9	8	1	4	2
4	2	9	6	3	1	7	5	8

ALPHA TRIANGLE
H, He, Hle, Hlre, Relch, Glpher, Chlpper.

GO FIGURE
Easy
8 + 6 − 2 + 6 = 18
Medium
5 + 3 x 7 − 5 = 51
Hard
9 x 5 + 3 − 4 = 44

LOOP

KAKURO

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